

# St. Jacob Melkite Greek-Catholic Church

Serving San Diego Since 1990



# كنيسة القديس يعقوب للروم الملكيين الكاثوليك

بخدمة سان دييغو منذ عام 1990

## Cheesefare Sunday

### أحد مرفع الجبن

Today is Cheesefare Sunday. On this last Sunday before Great Lent, the last day that traditionally Orthodox Christians eat dairy products until Pascha, the Church remembers the expulsion of Adam and Eve from Paradise. God commanded them to fast from the fruit of a tree (Gen. 2:16), but they did not obey. In this way Adam and Eve and their descendants became heirs of death and corruption. On Forgiveness Sunday many attend Forgiveness Vespers on the eve of Great Lent. They hear on the Lord's teaching about fasting and forgiveness and enter the season of the fast forgiving one another so that God will forgive them. If you forgive men their trespasses, your heavenly Father will forgive you; but if you do not forgive men their trespasses, neither will your heavenly Father forgive you your trespasses (Matthew 6:14). The Gospel reading of the day also gives advice on fasting. Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly. (Matthew 6:16-18). from [https://orthodoxwiki.org/Forgiveness\\_Sunday](https://orthodoxwiki.org/Forgiveness_Sunday)

**Prior week's donations:** \$250 (including all cash, checks, and electronic deposits). Our weekly expenses run about \$1700. If we get 30 people (i.e., all the men, women, and children, combined), that amounts to about \$57 per person. We appreciate your generosity. St Jacob's couldn't survive without your support!

**How can you join in the mission and vision of St Jacob's, the only Melkite community in San Diego County?** First, by participating in the life of our community and attending our worship services. Second, if you cannot attend regularly, please pray for the well-being of our Melkite mission. Third, your financial support is crucial for the longevity of St Jacob's. Please give generously to Sunday collections, mail your donations to PO Box 231328, San Diego, CA 92193, or visit our online giving web page: <https://stjacobmelkite.org/giving> for electronic options. May the Lord bless your generosity. **St Jacob's can't exist without your support!**

**Remember in your prayers:** All who are sick, suffering or recovering from illness, especially His Holiness, Pope Francis, Samir Khbais, Juliette Linholm, Dcn. Edward Bagdasar, Najib Bagdasar, Eduardo Rame, Alfonso Hababa, Suad Maria, Manuel Salazar, Matthew Medina, Samir Shamieh, Micheline Haggar, Alice Boghos, Emil Shami and Nassim and Soumaya Nasser. All who have been and continue to be affected by the violence in Ukraine, Gaza and Lebanon. We remember the Christians being persecuted in Syria and throughout the Middle East. We remember also all who have fallen asleep in the hope of new life.

### THIRD ANTIPHON: Psalm 94

1: Come, let us sing joyfully to the Lord; let us shout with joy to God our Savior.

**O Son of God, who are risen from the dead, save us who sing to You, Alleluia**

2: Let us come into His presence with thanksgiving and let us joyfully sing psalms to Him.

3: For God is a great Lord and a great King over all the earth.

### الانديفونة الثالثة: (من المزمور 94)

- هَلِّمُوا نَبْتَهْجُ بِالرَّبِّ، وَنَهَلِّلُ اللَّهَ مُخْلِصُنَا،

خَلِّصْنَا يَا ابْنَ اللَّهِ، يَا مَنْ قَامَ مِنْ بَيْنِ الْأَمْوَاتِ، نَحْنُ الْمُرْتَمِينَ لَكَ هَلْلُويَا.

- لِنُبَادِرِ إِلَى وَجْهِهِ بِالْإِعْتِرَافِ وَبِالْمَزَامِيرِ نُهَلِّلُ لَهُ، فَإِنَّ الرَّبَّ إِلَهَ عَظِيمٌ وَمَلِكٌ عَظِيمٌ عَلَى الْأَرْضِ كُلِّهَا.

- لِأَنَّ يَدَيْهِ أَقْطَارَ الْأَرْضِ وَلَهُ قِمَمُ الْجِبَالِ لِأَنَّ الْبَحْرَ لَهُ وَهُوَ صَنَعَهُ وَيَدَاهُ جَبَلْنَا الْيَابِسَةَ.

### Troparion of the Resurrection: (Tone 8)

You descended from on high O compassionate One; and consented to burial for three days that You might free us from suffering. O Lord, our life and our resurrection, \* glory to You.!

### نشيد القيامة: (باللحن الثامن)

انحدرت من العلاء أيها المتحنن، وقبلت الدفن ثلاثة أيام، لكي تعتقنا من الآلام، فيا حياتنا وقيامتنا، يا رب المجد لك.

### Troparion of St. Jacob, Brother of the Lord: (Tone 4)

As a disciple of the Lord, you received the Gospel, O holy Jacob. As a martyr, you displayed an unyielding will. As a brother of God, you have special power with Him. As a hierarch, you have the right of intercession. Intercede, therefore, with Christ God that he may save our souls.

### طروبارية القديس يعقوب أخى الرب: (باللحن الرابع)

بما أنك تلميذ للرب قبلت الإنجيل، أيها الصديق. وبما أنك شهيد لك عزم لا ينثني، وبما أنك أخ للرب لك الدالة لديه. وبما أنك رئيس كهنة لك حق الشفاعة. فاشفع إلى المسيح الإله في خلاص نفوسنا.

### Kondakion of Cheese-fare: (Tone 6)

O You who guide men toward wisdom, and give them intelligence and understanding, instructor of the ignorant and helper of the poor, strengthen and enlighten my heart, O Lord, give me word, O Word of the Father, for behold I will not refrain my lips from crying out to You: O merciful One, have mercy on me who have fallen.

### قنداق مرفع الجبن الختام: (باللحن السادس)

أيها الهادي الى الحكمة، وواهب الفطنة، ومُنقِّف الجُهال، ومُجِير المساكين، شدّد قلبي وامنحه فهماً، أيها السيد، وأعطني كلاماً، يا كلمة الأب. فيها انا لن أمسك شفقتي عن الصراخ اليك: أيها الرَّحِيم، ارحمني أنا الواقع.

### Epistle: Romans 13:11-14:4, Page 344 (English) – Page 385 (Arabic)

**Prokimenon: (Tone 3)** Sing praise to our God, sing praise! Sing praise to our King, sing praise!

**Stichon:** All you peoples, clap your hands! Shout to God with cries of gladness.

### مقدمة الرسالة

رَنِّمُوا لِإِلَهِنَا رَنِّمُوا، رَنِّمُوا لِمَلِكِنَا رَنِّمُوا

يَا جَمِيعَ الْأُمَمِ صَفِّقُوا بِالْأَيْدِي، هَلِّلُوا اللَّهَ بِصَوْتِ الْإِبْتِهَاجِ

الرسالة: (رومة 13: 11 ج الى 14: 4)

**Reading** from the Epistle of St. Paul to the Romans. Brethren, now our salvation is nearer than when we came to believe. The night is far advanced: the day is at hand. Let us therefore lay aside the works of darkness, and put on the armor of light. Let us walk becomingly as in daytime, not in revelry and drunkenness, not in debauchery and wantonness, not in strife and jealousy. But put on the Lord Jesus Christ, and as for the flesh, pay no attention to its lusts. But whoever is weak in faith, receive him without arguing about opinion. For one believes he may eat all things but another who is weak, let him eat vegetables. Let not the one who eats despise the one who does not; and let not the one who does not eat judge the one who does, for God has received him. Who are you to judge another's servant? To his own master he stands or falls but he will stand, for God is able to make him stand.

**Alleluia:** (Tone 3)

In you, O Lord, I have hoped: let me never be put to shame. In your Justice, save me and deliver me.

**Stichon:** Be for me a protecting God, a sheltering house to save me.

**Gospel of Cheese-Fare Sunday:** (Matthew 6:14-21)  
(Forgiveness & Fasting)

Page 204 (English) – Page 130 (Arabic)

The Lord said, "If you forgive men their offenses, your heavenly Father will also forgive you. But if you do not forgive men their offenses, neither will your father forgive you your offenses. And when you fast, do not look gloomy like the hypocrites, who disfigure their faces in order to appear to men as fasting. Amen I say to you they have had their reward. But you, when you fast, anoint your head and wash your face, so that you may not be seen by men to fast, but by your father, who is in secret; and your Father, who sees in secret, will reward you. Do not lay up for yourselves treasures on earth, where worm and rodent consume, and where thieves break in and steal; but lay up for yourselves treasures in heaven, where neither worm nor rodent consumes, nor thieves break in and steal. For where your treasure is, there also will be your heart."

**Hymn to the Theotokos:** It is truly right...

**Kinonikon:** Praise the Lord...

**Post-communion:** We have seen the true Light...

يا إخوة، أن الخلاص أقرب إلينا الآن مما كان حين آمنا. قد تناهى الليل وأقترَب النهار، فلنخلع اذن أعمال الظلمة، ونلبس اسلحة النور. لنسلكن سلوكاً لائقاً كما في النهار، لا بالقصوف والسكر، ولا بالمضاجع والعهر، ولا بالخصام والحسد. بل البسوا الرب يسوع المسيح، ولا تهتموا بالجسد لقضاء شهواته. من كان ضعيفاً في الايمان فأقبلوه بغير مباحثة في الآراء. من الناس من يعتقد أن له ان يأكل كل شيء، أما الضعيف فيأكل بقولاً. فلا يزدرد الذي يأكل من لا يأكل، ولا يدين الذي يأكل من لا يأكل، لان الله قد قبله. أنت من أنت يامن يدين عبد غيره، انه لمولاه يثبت أو يسقط، لكنه سيثبت لأن الله قادر أن يثبتته.

**هللوا**

عليك يا رب توكلت، فلا أخز إلي الابد، بعدلك نجني وانتشلني  
كن لي إلهاً محامياً وبيت ملجأ لخلاصي

**انجيل أحد مرفع الجبن**

**الانجيل:** (متى 6: 14-21)

قال الرب: إن غفرتُم للناس زلاتهم، يغفرَ لكم أيضاً أبوك السماوي زلاتكم. وإن لم تغفروا للناس زلاتهم، فأبوك أيضاً لا يغفرَ لكم زلاتكم. وإذا صمتم فلا تكونوا معبسين كالمرائين فإنهم يُنكرون وجوههم ليظهروا للناس صائمين. الحق أقول لكم، انهم قد نالوا اجرهم. أما أنت فإذا صمت، فادهن رأسك وأغسل وجهك، لئلا تظهر للناس صائماً بل لأبيك الذي في الخفية، وأبوك الذي ينظر في الخفية هو يجازيك علانية. لا تكنزوا لكم كنوزاً على الارض، حيث يفسد السوس والصدأ، وحيث ينقب السارقون ويسرقون. لكن اكنزوا لكم كنوزاً في السماء، حيث لا يفسد سوس ولا صدأ، ولا ينقب السارقون ولا يسرقون. فإنه حيث يكون كنزكم هناك يكون قلبكم أيضاً

**نشيد لوالدة الاله:** انه واجب حقاً...

**كينونيكون:** سبحوا الرب من السماوات. هللوا.

**بعد المناولة:** إذ قد نظرنا النور الحقيقي ...

## SAINT JACOB MELKITE GREEK-CATHOLIC CHURCH

Wednesday **Vespers** 7:00 p.m. **Confessions** after vespers & by appt Sunday **Divine Liturgy** 11:15 a.m.

at Holy Angels Byzantine Catholic Church, 2235 Galahad Road

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Information on other **Holy Mysteries** (sacraments): <https://stjacobmelkite.org/holy-mysteries>

To report sexual abuse by clergy, parish personnel or volunteers of the Eparchy of Newton, please call the Victim Assistance Coordinator at 1-800-479-5910.

**Saint Jacob Melkite Catholic Church** is an Eastern Catholic Community of the Eparchy of Newton, headed by His Grace, Bishop François. Liturgical services are celebrated in English and Arabic in the Byzantine Rite. The Eparchy (Diocese) is a part of the Patriarchate of Antioch, headed by His Beatitude, Patriarch Joseph. "...and in Antioch the disciples were for the first time called Christians" (Acts 11:26). The Melkite Greek-Catholic Church professes the Orthodox Faith and maintains full communion with the See of Rome.

**St. Jacob Mission Statement:** To foster a Catholic and Godly renewal with worship through the awe-inspiring Liturgy of the Byzantine Rite and by safeguarding our Orthodox Faith and Tradition; to bring the message of the Living Lord to the faithful and seekers of truth.

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